

**PENGARUH PEMBERIAN *NUTRIMAT BAR* TERHADAP ASUPAN GIZI DAN  
KOMPOSISI TUBUH PASIEN KEMOTERAPI  
DI RSUP SANGLAH DENPASAR**

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**ABSTRAK**

**Latar Belakang :** Pasien kemoterapi sangat berkaitan erat dengan permasalahan gizi, 75% pasien mengalami penurunan status gizi yaitu kehilangan massa lemak dan otot. *Nutrimat bar* merupakan makanan kaya nutrisi dalam porsi kecil dengan komposisi gizi setiap 100 gram mengandung energi 551,73 kkal dan 26,18 g protein. Tujuan penelitian ini untuk mengetahui pengaruh pemberian *nutrimat bar* terhadap asupan gizi dan komposisi tubuh pasien kemoterapi.

**Metode Penelitian :** Penelitian ini merupakan eksperimen semu dengan *non-randomized pre and post test with control group design*, yang dilaksanakan di RSUP Sanglah Denpasar dari bulan Maret sampai dengan Mei 2021. Pemilihan subjek penelitian dari populasi dengan teknik *non-probability purposive sampling* sebanyak 31 orang. Data asupan energi dan protein *pre test* diperoleh melalui *food recall* 1x24jam dan *post test* menggunakan metode *comstock* selama 10 hari. Pengukuran komposisi tubuh dilakukan dua kali pada awal dan akhir intervensi menggunakan alat *Bioelectrical Impedance Analysis* (BIA). Asupan gizi dan komposisi tubuh dianalisis dengan *t-test*.

**Hasil Penelitian :** Rerata asupan energi 513,37 kkal (95%CI: (391,78-634,97)), protein 21,55 g (95%CI: (16,3-26,8)), massa lemak 3,8% (95%CI: (3,72-3,87)), dan massa otot 0,065% (95%CI: (0,04-0,09)), pada kelompok intervensi mengalami peningkatan yang signifikan ( $p < 0,05$ ). Terdapat perbedaan rerata kenaikan yang signifikan ( $p < 0,05$ ) antara kedua kelompok asupan energi 442,39 kkal (95%CI: (287,61-597,18)), protein 16,15 g (95%CI: (8,71-23,59)), dan massa lemak 3,7% (95%CI: (3,53-3,87)), kecuali massa otot 0,01% (95%CI: (-0,12-0,13)).

**Kesimpulan :** Pemberian *nutrimat bar* selama 10 hari berpengaruh terhadap peningkatan asupan energi, protein dan massa lemak namun tidak berpengaruh pada massa otot pasien kemoterapi di RSUP Sanglah Denpasar.

**Kata Kunci:** kemoterapi, komposisi tubuh, asupan gizi, *nutrimat bar*.

***THE EFFECT OF NUTRIMAT BAR ON THE NUTRITION INTAKE  
AND BODY COMPOSITION OF CHEMOTHERAPY PATIENTS  
AT SANGLAH GENERAL HOSPITAL DENPASAR***

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***ABSTRACT***

***Background:*** Chemotherapy patients were related to malnutrition, 75% of hospitalized patients experienced decrease in nutritional status such as loss of fat and muscle mass. Nutrimat bar is a snack formulated riched with nutrition and served in small portions, which is containing 551.73 kcal of energy and 26.18 g of protein per 100 grams. The purpose of this study was to determine the effect of Nutrimat bars on the nutritional intake and body composition of chemotherapy patients.

***Method:*** This is a quasi-experimental study pre and post-test non-randomized with control group design. The study was conducted at Sanglah Hospital, Denpasar from March to May 2021. Sample size of this study was 31 selected using a non probability purposive sampling technique. Pre-test energy and protein intake data were obtained through food recall 1x24 hours and post-test using the comstock for 10 days. Body composition measurements were carried out twice at the beginning and end of the intervention using a Bioelectrical Impedance Analysis (BIA) tool. Nutritional intake and body composition were analyzed by *t*-test.

***Results:*** The mean energy intake of 513.37 kcal (95% CI: (391.78 - 634.97)), 21.55 g protein (95% CI: (16.3 -26.8)), 3.8% fat mass (95%CI: (3.72-3.87)), and 0.065% muscle mass (95%CI: (0.04-0.09)), at the intervention group experienced a significant increase ( $p < 0.05$ ) There was significant difference mean increase ( $p < 0.05$ ) between the two groups of energy intake 442.39 kcal (95%CI: (287.61-597.18)), protein 16.15 g (95%CI: (8.71-23.59), and fat mass 3,7% (95%CI: (3.53-3.87)), except for muscle mass 0,01% (95%CI: (-0.12-0.13)).

***Conclusion:*** Giving nutrimat bar 10 days has an effect on increasing energy intake, protein and fat mass but has no effect on the patient's muscle mass while at Sanglah General Hospital Denpasar.

***Keywords:*** chemotherapy, body composition, food intake, nutrimat bar.